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EXPLORING SELF-ESTEEM, RESILIENCE, AND LIFE SATISFACTION: A COMPARATIVE STUDY AMONG YOUNG ADULTS WITH SIBLING AND BEING ONLY CHILD IN KOLKATA

The dissertation is submitted for the partial fulfillment for the degree of

M.SC IN APPLIED PSYCHOLOGY (SPECIALIZATION IN CLINICAL PSYCHOLOGY)

SISTER NIVEDITA UNIVERSITY

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PLAGIARISM DECLARATION

"I, **KOYENA DAS**, hereby declare that the research work titled "EXPLORING SELF-ESTEEM, RESILIENCE, AND LIFE SATISFACTION: A COMPARATIVE STUDY AMONG YOUNG ADULTS WITH SIBLING AND BEING ONLY CHILD IN KOLKATA", conducted by me, has been completed with full honesty and integrity. I confirm that the work is original and all sources of information have been appropriately acknowledged and cited. I take full responsibility for the content and findings presented in this research.

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CERTIFICATE

This is to certify that the dissertation entitled "exploring self-esteem, resilience, and life satisfaction: a comparative study among young adults with sibling and being only child in Kolkata", submitted by Koyena Das, a final year m.sc student in Clinical Psychology, Sister Nivedita University, is as Bonafide work, which may be placed before the board of examiners for their evaluation. This in partial fulfillment for the degree of M.SC in clinical psychology, Sister Nivedita University.

This is an original study done by the candidate and has not been submitted by her before any form for any other degree of this University or any other university.

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INTRODUCTION

LIFE SATISFACTION

The term 'life satisfaction' describes how much a person likes their life. It is a very important concept of positive psychology. It is the personal perception or experience of positive and emotional responses & global & specific cognitive evaluations of satisfaction with life.

Life satisfaction can be represented as cognitive judgement of the quality of one's life, based on one's own standards and a comparison of one's circumstances with those standards, (Pavot & Diener, 1993).

Life satisfaction is an overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive, (Buetell,2006).

Life satisfaction is a stable and long-lived state of mind. It is the general feeling of life and how pleased people are with how the things going on in their lives.

Theories on Life Satisfaction

The Bottom-Up & Top-Down theory of life satisfaction was originally proposed by **Ed Diener** in **1984**. The **Bottom-Up** theory looks at overall satisfaction as a function of several aspects of life satisfaction (Erdogan et al.,2012). Such as work, family, relationships, economic status etc.

Top-Down theory suggests that a person's general personality traits and dispositions influence their overall life satisfaction rather than specific life domains.

Life satisfaction involves a favorable attitude towards life, rather than an assessment of current feelings.

Life satisfaction is relative: According to Veenhoven, this theory evaluate life assumes that satisfaction is the result of a comparison between life-as-it-is to conceptions of how-life-should-be. Standards of how life-should-be are seen to draw on perceptions of what is feasible and on comparison with others.

Life satisfaction is a trait: This theory suggests that the hope of creating greater happiness for the greater number is futile, holds that satisfaction is a fixed disposition. This theory figures at the individual level as well as the societal level.

RESILIENCE

Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external as well as internal demands. **(adapted from the APA Dictionary of Psychology)**.

Resilience is 'an interactive concept that is concerned with the combination of serious risk experiences & a relatively positive psychological outcome despite those experiences' **(2006, Rutter)**.

Dr. **Norman Garmezy** was a clinical psychologist and is often noted as founder of research in resilience. His research mainly started with schizophrenia patients by focusing on stress resistance, competence, resilience. Garmezy defined resilience as 'Not necessarily impervious to stress. Rather Resilience is designed to reflect the capacity for recovery and maintained adaptive behavior that may follow initial retreat or incapacity upon initiating a stressful event' **(Garmezy,1991a)**.

Models of Resilience

1. **Compensatory Model by Garmezy** – this model describes when people face stressors or risks, certain protective factors can compensate for the negative effects, leading to resilience and positive outcomes.
2. **Protective Factor Model by Garmezy** – this model suggests that positive resources and assets can buffer individuals against the negative impacts of adversity, promoting positive outcomes and enabling individuals to bounce back from the challenges.
3. **Challenge Model by Michael Rutter** – this model suggests level of risk factors are associated with negative outcomes.
4. **Ken Ginburg's 7 C's model of resilience competence** the ability to know how to handle situations effectively. Individuals create a set of abilities which help them in trusting their judgements and make responsible decisions in order to develop competence. **Confidence, Connection, Character, Contribution, Coping & Control.**

SELF-ESTEEM

In psychology self-esteem refers to a person's overall evaluation of their own worth, abilities, and value. It's a feeling of being worthy and valuable, both to oneself and to others. In the mid- 1960s, Morris Rosenberg and social learning theorists defined self-esteem as a personal worthiness (Newman &Newman,1975).

The most basic fact for one's mental, social & emotional health, that begins in infancy and continues to death, is the construction of his/her positive self-esteem. (Macdonald,1994) Individual's concepts and feelings about themselves are generally labeled as the self-concept. Self-concept is defined as sum of an individual's beliefs and knowledge about his or her personal qualities and attributes. Self-esteem is the evaluative and affective dimension of the self-concept, is considered as equivalent to self-regard, self-estimation, self-worth (Harter,1999).

Positive self-esteem is considered as a basic feature of mental health, also a protective feature that contributes to better health, positive social behavior. It acts like a buffer against the impact of negative influences. While an unstable self-concept and poor self-esteem may play a problematic role in the development of an array of mental disorders such as depression, anxiety, other health risk behaviors.

Theories on Self-esteem

1. **Sociometer theory by Mark Leary** – this theory suggests that self-esteem is internal feeling about oneself. It is a mechanism that monitors an individual's social acceptance and belongingness.
2. **Maslow's Hierarchy of need** – Esteem needs, the fourth level, suggests the need for self-esteem and respect from others, including feelings of competence, achievements, recognition, status.
3. **Identity theory by William James** – this theory focuses on importance of personal successes and aspirations in shaping self-worth. James proposed self-esteem as a ratio of successes to pretensions, suggesting that more successes align with one's aspirations, the higher the self-esteem.

SIBLING AS A VARIABLE

Using the presence, relationship, birth order, and number of siblings used as a factor to investigate in this research and data analysis whether it makes any significant difference or not in terms of self-esteem, life satisfaction and resilience. Many theories are explored on presence of sibling.

1. **Adler's theory of Individual Psychology** – this theory suggests the impact of sibling dynamic or the position of the child in family can influence their personality and development.
2. **Social learning theory by Bandura** – The theory suggests children learn social behaviour by observing and imitating others, including siblings which influence individual's development.
3. **Social Life Course Theory by Glen Elder** – According to this theory sibling relationships are significant throughout the lifespan and can impact wellbeing in the later adulthood.

RATIONALE FOR THE STUDY

- This study aims to compare the self-esteem, resilience, life satisfaction of single child and child with sibling. It will examine whether the presence or absence of sibling makes any significant difference or not in self-esteem, resilience, life satisfaction.
  This research can be useful in **awareness programs** for the **parents**, in sibling **rivalry interventions** to develop more empathetic relationship, communication pattern between siblings, and to decrease the causes of rivalry. It could be helpful for the teachers in **academical settings** where both the siblings attend as students.

REVIEW OF LITERATURE

1. Somya Nagar et. Al (2024) conducted a study on relationship between self-esteem, mental wellbeing & life satisfaction among young adults. Total 200 participants were selected as sample from all over the India. Rosenberg self-esteem Scale, Warwick Edinburgh Mental-wellbeing Scale, the Satisfaction with Life Scale used for data collection. Pearson Product moment Correlation was done for statistical analysis. The result revealed strong positive correlation between self-esteem & mental wellbeing. Also, a positive correlation between self-esteem & life satisfaction.

2. Khushi Sethi et. Al (2024) studied about self-esteem, resilience & emotional regulation among sports-person & non-sports person. 160 male adolescents were selected for the study, with the age of 13 to 18. This study utilised Rosenberg's self-esteem questionnaire, Nicholson Mcbride Resilience scale & Difficulty in emotional regulation Scale short form to collect data. T-test was done as statistical analysis. Result showed that sports people had higher mean scores in terms of self-esteem & resilience but non-sports people got higher scores in emotional regulation suggesting they experience more dysregulation rather than sports people.

3. Yoshifumi Fukuya et. Al (2021) conducted the research on association of birth order with mental health problems, self-esteem, resilience & happiness among children aged 9 to 10 years. 3744 children were taken as sample from Tokyo, Japan population. Parent rated Strength & difficulties questionnaire & self-rated self-esteem, resilience, happiness questionnaire used for collection of data. Multiple regression analysis for continuous outcomes & logistic regression for dichotomous outcomes were used for statistical analysis. Result showed there was no difference between only child & child with siblings with respect to self-esteem. Last born child scored lowest in SDQ, difficulties with mental health, while only child showed highest. The highest prosocial behaviour score, resilience and happiness score were found in last born siblings rather than only child & other siblings.

4. Aditi Sethi et. Al (2022) conducted the research on the impact of sibling relationship on life satisfaction and resilience among college going students and whether there is any gender difference or not. 100 sample was taken in this study, including 50 male and 50 female by

using purposive sampling technique. Age group of the sample was 18 to 25 years. Adult sibling relationship questionnaire-VSF (2014), Satisfaction with Life Scale-SWLS (1985) and Nicholson Mcbride Resilience Questionnaire-NMRQ were used for overall data collection. The quantitative analysis was done using t test and Pearson's product-moment correlation in SPSS. Findings showed that sibling relationship is positively correlated with life satisfaction and resilience. The better and stronger the sibling relationship, more will be the life satisfaction and resilience in an individual and there is no significant gender difference among life satisfaction and resilience but there is a gender difference among sibling relationship.

5. Timothy Morgan et. Al (2020) conducted a study on the comparison of psychological resilience and related factors in Chinese firstborn and only children. Purposive sampling technique was obtained for data collection, belonging 18 to 27 years of young adults. T-test and correlation was done by using SPSS. The results found that total psychological resilience score of firstborns was lower than the scores of only child.
6. Yi Shao et. Al (2013) conducted a study on the Personality and life satisfaction in China: The birth order effect under the influence of national policy. Data was collected in China. Total sample was N=1468 taken for this study. The quantitative analysis was done using ANOVA. Results showed that, onlyborns scored higher than firstborns in terms of life satisfaction and openness.

7. Mohammad Akram et. Al (2017) conducted a study on the Self-Esteem and Psychological Well-being among Working and Non-working Women. The respondent in the present study were 70, which were further divided in 35 working and 35 non-working women of the age range of 20-55 years. For data collection the Rosenberg self-esteem scale (1965) and for psychological well-being, a scale measured and developed by Bhogle and Prakash (1995) were used. For the statistical analysis t- test is applied to check the significance of self-esteem and psychological well-being among working and non-working women. The result shows, there is a significant difference among working and non-working women in self-esteem and psychological well-being.

8. Radhika Nitin Mehendale et. Al (2016) conducted a comparative study on Life Satisfaction and Resilience amongst parents who live with their married children and who do not live with

their married children. The participants' age range was from 55 to 75 years of age. The sample obtained was through the purposive sampling. To analyse the data, a t-test of independent samples was computed by SPSS. The results of the present study found no significant difference in Life Satisfaction and Resilience among parents with respect to Family Type that they were living in, that is; either with their married children or not with their married children.

9. Urvashi Sharma et. Al (2013) studied on the topic of Life Satisfaction Among Married Male and Female. A sample of 60 participants (30 married male & 30 married female) was drawn randomly from the population. Life Satisfaction Scale by Dr. Q.G. Alam & Dr. Ramji Srivastava was used for data collection. Data collection done through face to face interview method. Independent sample T-test was calculated. The results indicate that there is no significant difference between married male and married female on life satisfaction. Results revealed that married female have higher life satisfaction in compare to married male.

10. Jennifer L. Silvershein et. Al (2013) conducted a study on Allies or Rivals? The Study of Sibling Closeness in Young Adulthood. A total of 54 young adults, 24 Union College students and their 30 siblings, completed surveys about their relationship with each other as the sample. The data were analysed by aggregating responses at the level of sibship group, and then compared according to the sex-composition of those groups. These results support the sex-commonality principle that claims same-sex siblings are closer than cross-sex siblings.

11. Paulina Szymańska et. Al (2021) conducted a study on the role of siblings in the process of forming life satisfaction among young adults, moderating function of gender. The sample consisted of 276 young adults with a single biological sibling. For data collection a sociodemographic survey, the STQ-Now (quality of the sibling relationship) and the SWLS (level of life satisfaction) were used. T-test was done as statistical analysis. Result reveals no difference was observed between men and women regarding life satisfaction and same-sex pairs scored higher on life satisfaction than cross-sex siblings.

12. Ramya Ranjan Behera et. Al (2022) conducted a study on Gender difference in resilience among the students of IIT Kharagpur. The sample consisted of 137 students, including 80

boys and 57 girls. The instruments used were Schutte's Emotional Intelligence Scale for emotional intelligence and the Brief Resilience Scale for resilience. Product Moment Correlation analysis was conducted to analyse the association between emotional intelligence, CGPA, and resilience. The findings revealed that female students are more resilient than male students, and there was no association between CGPA and resilience. There was a significant relationship between emotional intelligence and resilience.

13. Levent Kıylıoğlu et. Al (2024) conducted a study on The Mediating Roles of Resilience and Life Satisfaction in the Relationship between Self-Esteem and Risk-Taking Behaviour. Pearson correlation analysis was performed between the main variables of the study and then indirect effect analyses and path analysis were done. Findings revealed that self-esteem, positively predicted resilience and life satisfaction.

14. Avni Mishra et. Al (2022) conducted a comparative study on Self-Esteem and Resilience Among Orphanage and Non-Orphanage Adolescents. There are 40 adolescents out of which 20 are orphans and the other 20 are non-orphans who were included in the sample to assess their resilience and self-esteem. The age range was between 12 and 18 years. The Prince-Embury resiliency scale for children and adolescents and the Prasad and Thakur self-esteem inventory were used to collect data. The t-test, mean and standard deviation are used to examine the data. According to the findings of both qualitative and quantitative analyses, there is a difference between orphaned and non-orphaned adolescents regarding resilience and self-esteem.

15. Fatma Selda Öz Soysal et. Al (2016) conducted a research study on Sibling Relationships, Life Satisfaction and Loneliness Level of Adolescents. The sample consisted 382 (209 female, 173 male) students in total, who were studying at high schools. The data collection tools used were the Life Span Sibling Relationship Scale, Life Satisfaction Scale, and Ucla Loneliness Scale III. The multivariate analysis of variance (MANOVA) was used for the analysis of data. The results from the research demonstrated that gender, birth order, and sibling dyads led to significant differences in life satisfaction, level of loneliness, and sibling relationships.

16. Priyush Nair et. Al (2022) conducted a comparative study on the Self-Esteem of Young Adults between males and females. Young adult (N=60) age ranges from 20 - 30 years among different sexes were included in this study. Self-esteem questionnaire of Dr. Morris Rosenberg has been used for data collection through purposive sampling. Independent sample T-test was done for statistical analysis. It has been observed from the result that females are showing higher self-esteem in comparison to male in this study.

17. Kanishk Gupta et. Al (2019) conducted a comparative study between Child without Sibling and Child with Sibling on the Dimensions: Emotional Intelligence, Self Confidence & Social Intelligence. The sample consisted 80 undergraduate participants (40 child without sibling and 40 child with sibling/s) falling in the age range of 18-21 years, based in Delhi-NCR were drawn using purposive sampling. For data collection Emotional Intelligence Scale (EIS -HPD), Self Confidence Inventory by M. Basavanna, Social Intelligence Scale (SIS) were used. The research findings failed to reject null hypothesis which shows that there is no significant difference between both the samples in terms of their EI, SC and SI.

18. Debolina Chatterjee et. Al (2017) conducted a study on Parents' and Siblings' Influence On One's Self Esteem. In this research, data from 112 participants age group (15 to 25) were collected through an online survey focusing on the relationship between parenting styles and self-esteem across a specific age range. Parenting styles were assessed using 20 question model and Rosenberg Self-esteem Scale. Through this research the effect of native place on one's self esteem was determined along with the effect of other factors such as relationship with siblings, academic performance on self-esteem was analysed.

19. Amara Iqbal et. Al (2016) conducted a study on Comparison of Single Child Family Adolescents and Adolescents with Number of Siblings. Sample of the present study comprised of hundred (N=100) participants. The sample included fifty (n=50) (only child) adolescent who is the only child of their biological parents and fifty (n=50) adolescents having number of siblings studying in different schools, colleges and universities. Urdu version of "Riffai Self-esteem inventory", "World health organization quality of life questionnaire" and Eysenck personality questionnaires (2007) were used for data collection. t-test was used for data analysis. Finding showed that there is a difference between the scores

of participants who were the single child of their parents and subject belonging to number of children family.

20. Palak Maheshwari et. Al (2015) conducted a study on Subjective well-being: A comparison between only children and children with sibling. For sample group 1 (30 children with siblings) and group 2 (30 only children) of age group 14-18 years; school students were examined and compared. Cross-sectional comparison between groups were done. Only children showed significantly low positive affect, higher negative affect, low affect balance, and low life satisfaction when compared to children with siblings but did not differ significantly in case of self-esteem. In self-appraisals, for looks, performance in school and popularity among peers, only children showed significantly higher ideal self and for school performance, significantly higher social and real self-conception than the children with siblings.

21. Abhijit Biswas et. Al (2021) conducted a study on Resilience among the students at higher education level in West Bengal. Students belong to the age group of 18-25, are part of transition-oriented group. Data collection was done by using Resilience Measurement Scale (RMS). A cross-sectional survey research design done among the 400 students at higher educational level. Independent Sample t-test was done. Result indicates that female students demonstrate higher resilience in case of difficulties and adverse situations when compared with male students.

22. Cleo Law et. Al (2024) conducted a study on Birth Order and Sibling Pairs: A Comparative Study of Older and Younger Siblings' Perceived Sibling Relationship and Differences in Gender Dyads. The sample comprised of 50 older siblings and 51 younger siblings, all of whom were young adults aged between 18 and 30 years and of Indian origin. The Adult Sibling Relationship Questionnaire - Very Short Form (ASRQ-VSF) was used to assess sibling relationships. Data analysis involved conducting t-test to compare older and younger siblings' relationship. One Way Analysis of Variance (ANOVA) was conducted to examine differences between the various sibling gender dyads. The results indicated that both older and younger siblings reported similar sibling relationships characterized by low levels of conflict and average levels of warmth. However, sister pairs exhibited higher levels of warmth compared to brother-sister pairs. Additionally, sister pairs perceived higher levels of parental favoritism compared to brother-sister pairs.

23. Rashmi M. et. Al (2014) conducted a comparative study on self-esteem among only children and children with siblings. Only Children and Children with Siblings (30 in each category) between the age group of 18 – 20 years, both male and female participants (15 in each category) were selected as the sample, using purposive sampling technique. Dr. Karunanidhi's Self Esteem Inventory was administered on the sample. The findings of the study indicates that there is a significant difference in Self Esteem between Only Children and Children with Siblings in self-esteem; there is no significant gender difference among Only Children in Self Esteem and; there is no significant gender difference among Children with Siblings in Self Esteem.

METHODOLOGY

AIM OF THE STUDY

The aim of the present study was to determine if the group of young adults being single-child and the group of young adults with sibling significantly differed in terms of their self-esteem, resilience and life satisfaction among young adults in Kolkata.

OBJECTIVES

A comparative study –

To determine if the group of young adults being only child & young adults with sibling differed in terms of their self-esteem.

To determine if the group of young adults being only child & young adults with sibling differed in terms of their resilience.

To determine if the group of young adults being only child & child with sibling differed in terms of life satisfaction.

HYPOTHESIS

1. **H_0:** There is no significant mean difference between the group of young adults being only child and young adults with sibling in terms of self-esteem.

   H_a: There is a significant mean difference between the group of young adults being only child and young adults with sibling in terms of self-esteem.
2. **H_0:** There is no significant mean difference between the group of young adults being only child and young adults with sibling in terms of resilience.

   H_a: There is a significant mean difference between the group of young adults being only child and young adults with sibling in terms of resilience.
3. **H_0:** There is no significant mean difference between the group of young adults being only child and young adults with sibling in terms of life satisfaction.

   H_a: There is a significant mean difference between the group of young adults being only child and young adults with sibling in terms of life satisfaction.

VARIABLES UNDER THE STUDY

- SELF ESTEEM
- RESILIENCE
- LIFE SATISFACTION
- SIBLING

OPERATIONAL DEFINITION OF VARIABLES

- **Self-esteem** - In psychology self-esteem refers to a person's overall evaluation of their own worth, abilities, and value. It's a feeling of being worthy and valuable, both to oneself and to others.
- **Resilience** - Resilience is 'an interactive concept that is concerned with the combination of serious risk experiences & a relatively positive psychological outcome despite those experiences.
- **Life satisfaction** - The term 'life satisfaction' describes how much a person likes their life. It is a very important concept of positive psychology. It is the personal perception or experience of positive and emotional responses & global & specific cognitive evaluations of satisfaction with life. Life satisfaction can be represented as cognitive judgement of the quality of one's life, based on one's own standards and a comparison of one's circumstances with those standards.
- **Sibling** – Sibling is a relative who shares at least one parent with the other person. A person with no sibling is known as only child.

SAMPLES

Participants for the study obtained from Kolkata, consisting of individuals with the age range from 18 to 25 years. The sample size for the study is (N=120), consisting of both young adults being only child (60) and young adults with sibling (60) participants.

SAMPLING PROCEDURE

Offline data was collected only from all over Kolkata. Consent form was given to participants and those who provide willing consent for data collection was listed. Finally, data was collected purposely according to the criteria. **Purposive Sampling** was done by the researcher.

TOOLS DESCRIPTION

1. **Information schedule** – This schedule was used to obtain the basic information from the participants of this research study regarding personal and family information including age, sex, socio-economic status, number of siblings, type of family etc.
2. **Consent Form** – Consent form was used for willing participation in this research of the participants.
3. **Rosenberg Self-Esteem Scale (RSES)** – Author of this scale is Morris Rosenberg. It was developed in the year of 1965. It's a 10 item Likert scale from 'strongly agree' to 'strongly disagree' for measuring the self-esteem of an individual in psychological research. It has reverse scoring system. RSES indicates high internal consistency with Guttman's scale coefficient of reproducibility of .92. Test-retest reliability of this scale is 0.85 to 0.88, which indicates a high stability. The validity demonstrates concurrent, predictive and construct validity using known groups. The RSES correlates significantly with other measures of self-esteem including the Coopersmith Self-esteem Inventory.
4. **Satisfaction with Life Scale (SWLS)** – This scale was developed by Diener et Al. in the year of 1985, which can be used to measure life satisfaction as a whole of an individual with 5 items. It is a 7 Likert scale, graded from 'strongly disagree' to 'strongly agree'. The total score of this scale is from 5 to 35. The scale has an excellent convergent and construct validity. Reliability of SWLS exhibits good test-retest reliability with a correlation of 0.82.
5. **Brief Resilience Scale (BRS)** – The scale was developed in 2008 by Smith et Al. this scale consists 6 items with a range from 6 to 30. Purpose of the scale is to measure the ability to bounce back or recover from stress of an individual. The scale demonstrated good psychometric properties, including internal consistency reliability around 0.80 to 0.90 with a good convergent validity.

PROCEDURE

Participants (N=120) of the present study were selected by purposive sampling. The researcher took the data in offline face to face by using scales such informed consent including SWLS, RSE and BRS. The researcher only selects the participants based on the specific criteria or purpose. Written consent form was given to the participants after informing them about the nature, benefit, potential risk of the study and promise of confidentiality. Informed schedule was provided for gathering the sociodemographic details such as gender, name, residence, marital status etc. Independent sample T test and descriptive statistics were done by using SPSS 25.

STATISTICAL ANALYSIS

Descriptive statistics and independent sample T-test was done in this study by using Statistical Package for the Social Sciences (SPSS).

INCLUSION CRITERIA

- The participants must be between the age of 18-25
- The participants must be single child or child with one sibling
- The residence of the participants must be within Kolkata.
- Participants must be male or female in terms of sex.
- Participants must be eldest in terms of birth order.
- Participants must be unmarried.
- Only same sex siblings were taken in this study.

EXCLUSION CRITERIA

- Participants who have psychiatric or life-threatening physical illness excluded from this study.
- Participants below than 18 years and more than 25 years excluded from the study.
- Participants out of West Bengal are excluded from the study.
- Participants more than one sibling is excluded from the study.
- Married participants are excluded from the study.
- Any third gender participants are excluded.
- Participants with opposite sex sibling was excluded.

RESULT TABLE

TABLE 1 (Showing the mean, standard deviation with respect to the variables of Self-esteem, Resilience and Life satisfaction)

Operational variable	Young adults being only child		Young adults with sibling	
	Mean	**SD**	**Mean**	**SD**
SELF ESTEEM	21.25	3.297	20.28	3.778
RESILIENCE	3.42	0.66	2.94	0.78
LIFE SATISFACTION	24.13	4.24	22.68	3.89

TABLE 2 (Showing the comparison between young adults being only child and young adults with sibling in terms of Self-esteem)

Operational variable	T value	Significance at 0.05 level
Self Esteem	1.493	0.138

There is no significant mean difference between young adults being only child and young adults with sibling in terms of Self-esteem, therefore null hypothesis is accepted.

df (degrees of freedom) = 118

TABLE 3 (Showing the comparison between young adults being only child and young adults with sibling in terms of Resilience)

Operational variable	T value	Significance at 0.05 level
Resilience	3.66	0.000

There is a significant mean difference between young adults being only child and young adults with sibling in terms of Resilience, therefore null hypothesis is rejected.

df (degrees of freedom) = 118

TABLE 4 (Showing the comparison between young adults being only child and young adults with sibling in terms of Life satisfaction)

Operational variable	T value	Significance at 0.05 level
Life Satisfaction	1.95	0.053

There is a significant mean difference between young adults being only child and young adults with sibling in terms of life satisfaction, therefore null hypothesis is rejected.

df (degrees of freedom) = 118

DISCUSSION

The findings of the present study obtained by comparing the group of young adults with same sex sibling and group of young adults being only child in terms of self-esteem, resilience and life satisfaction which are perceived as vital factors in an individual's life. According to **Adlerian birth order theory**, being only child and firstborns often considered as 'miracle babies' as they can get undivided attention from both the parents. Since they raised up by adults and no peer siblings, so they may seem mature for their age. That's why only children and firstborns can develop a sense of responsibility and self-control easily. The theory is consistent with the findings in the present study in terms of self-esteem. In the current study there is no significant **difference** in terms of **Self-esteem between** young adults with sibling and young adults being only child. Self-esteem refers to the confidence in one's own worth, abilities or morals. It is an individual's overall evaluation of themselves. Thus, the result of the current study is consistent with the research finding of the study conducted by Rashmi. M. & Dr. Gopalakrishna,R. (2014), where it was found that there is no significant difference between firstborns and only child. The study suggested that onlyborns and firstborns due to high self-esteem than laterborns can develop their academical achievements and social skills. And a study conducted by Palak Maheshwari and Gulgoona Zamal. (2015), where it was found that onlyborns and firstborns had no significant mean difference in terms of self-esteem. Parenting style and attachment plays a crucial role in the development of self-esteem within the child. This study's finding showed that firstborns and onlyborns get the parental attention in an undivided way which may develop a strong self-esteem and efficacy within the child.

On the other hand, in terms of **resilience**, there was a **significant difference** between group of young adults being only child and group of young adults with sibling, where the group of young adults being only child got **higher mean score** than group of young adults with sibling in the sample of current study. Resilience refers to the ability to successfully adapt to stressors, maintaining psychological well-being in the face of adversity. So, from the result of the current study it can be said that the onlyborns may develop a strong coping mechanism, emotion control and goal focus due to higher expectations and responsibilities. They seem more flexible and adaptive in nature. However they may face some challenges in sharing attention and belongings, which may affect their resilience. Current study is consistent with the research study conducted by Timothy Morgan (2020) where the comparison of psychological resilience and related factors in Chinese firstborn and only children was done.

In this study the results found that there is a significant mean difference between total psychological resilience score of firstborns which was lower than the scores of onlyborns. They also highlighted some possible reason which may contribute for their results. One of the reasons may be differences in perceived parenting styles between the parents of the firstborn child and the only child. The parents of the firstborn child had a more negative perceived parenting style, whereas the parents of the only child had a more positive perceived parenting style. Their study defined that onlyborns are more capable of facing social and personal challenges than the children with siblings, as they face the challenges without any siblings or peer relationship. And due to their more interaction with the adults than peers it could also influence their level of resilience. (Morgan, T. 2020).

Furthermore, there was a **significant difference** between the group of young adults being only child and group of young adults with sibling in this current study in terms of **life satisfaction**. The group of young adults being only child got **higher mean score** than the group of young adults with sibling of the current study. Life satisfaction refers to the subjective assessment of their overall quality of life, encompassing their feelings and attitude about their life as a whole. The current study's result is consistent with the research finding of the study conducted by Shao and other researchers (2013), the result of this study showed there was a significant mean difference and onlyborns scored higher than firstborns in terms of life satisfaction and openness. Their study defined that only children are more extraverted and open towards new experiences, because they got more attention than child with sibling which can lead to focus on the individual achievement and development, so they may feel more satisfied with life. Also, onlyborns spent more times with adults and lack of sibling rivalry potentially leading to a greater exposure to different perspective and experiences. Due to the lack of sibling interaction may sometimes lead to a great reliance on oneself fostering independence, confidence and openness to new experience. A study conducted by Sachi Saraf and Adwait Kapileshwari (2021) is consistent with the present study. According to this study parental expectations play a very important role in life satisfaction, self-efficacy of one individual. The result of that study showed a significant mean difference between onlyborns and child with sibling.

CONCLUSION

The present study was a comparative study among young adults with sibling and young adults being only child in terms of Self-esteem, resilience, life satisfaction within Kolkata. The statistical analysis (descriptive statistics and independent sample t-test) was done using SPSS 25 of the data. From the observed table it can be seen that there is no significant difference between the group of young adults with sibling and young adults being only child in terms of self-esteem. On the other hand, the group of young adults being only child ang group of young adults with same-sex sibling significantly differed in terms of resilience and life satisfaction.

IMPLICATION

The study focuses on Self-esteem, resilience and life satisfaction among young adults with same sex sibling and young adults being only child. The present study which is conducted in Kolkata, 2025 could help to understand the presence or absence of sibling and sibling relationship influence the individual development, impacting social skills, emotional well-being and long-term psychological health.

Sibling Rivalry is a common phenomenon where siblings compete for parental attention and resources, in Indian context a large family, emphasis on academic achievement, cultural expectations. Addressing this issue requires the awareness of potential negative impacts and proactive strategies to promote healthy sibling relationship. By providing education about better guidance strategies for managing sibling conflicts, the promotion of constructive strategies (negotiation, prosocial behavior), **Parent- child attachment strategies**, social skills intervention programs for siblings can enhance the quality of relation between the siblings.

Sibling Rivalry Interventions can be done to promote more empathy and healthy communication skills between siblings.

Intervention for Teachers when both the siblings attend the same school, to promote classroom management by individual interaction to address individual needs and potential for sibling support.

Overall, the impact of being an only child or having sibling varies depending on individual circumstances and experiences.

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APPENDICES

Appendix A

Dear participants,

I hope this message finds you well. I am Koyena Das, currently pursuing post graduation in Applied
Psychology at Sister Nivedita University, conducting a research study as part of my M.Sc. academic curriculum.

The purpose of the study is to explore some psychological aspects in adults who are single child of their parents and adults who have same – sex siblings.

If you agree to participate, you will be asked to complete a set of questionnaires, which will take approximately 10-15
minutes.

Your participation in this study is entirely voluntary, and you may withdraw at any time without any penalty. If you choose to discontinue, any data collected from you will be immediately
discarded.

All the information you provide will remain strictly confidential.

Your responses will be anonymised, and no identifying details will be included in the research report.

The data will be securely stored and used for academic purposes only.

There are no known risks or discomforts associated with participating in this study, and while there are no direct benefits to you, your contribution will aid in valuable academic research.

By participating in this study, you confirm that you have read and understood the information provided and voluntarily agree to participate.

If you have any queries or questions, kindly feel free to contact me at daskoyena00@gmail.com

I have read and understood the information provided above. I voluntarily agree to participate in
this study. Koyena Das

Signature of the participant. **Date:** 30.4.25

Thank you for your time and consideration. Your participation is greatly appreciated.

Appendix B

Name:

Age:

Gender:

Sex:

Residence:

Gmail or contact no:

Educational qualification:

Marital status:

Occupational Status:

Do you have sibling: Yes/No

Number of siblings:

Are you the first born in sibling order: Yes/No

Nationality:

History of any diagnosed psychiatric illness: Yes/No

If Yes, Please Mention:

History of any diagnosed medical illness: Yes/No

If Yes, Please Mention:

Appendix C

Please record the appropriate answer for each item, depending on whether you Strongly agree, agree, disagree, or strongly disagree with it.

1 = Strongly agree 2 = Agree 3 = Disagree 4 = Strongly disagree

- On the whole, I am satisfied with myself.
- At times I think I am no good at all.
- I feel that I have a number of good qualities.
- I am able to do things as well as most other people.
- I feel 1do not have much to be proud of.
- I certainly feel useless at times.
- I feel that I'm a person of worth.
- I wish I could have more respect for myself.

- All in all, I am inclined to think that I am a failure.
- I take a positive attitude toward myself.

Appendix D

Respond to each statement below by circling one answer per row. Strongly Disagree Disagree Neutral Agree Strongly Agree.

- 1. I tend to bounce back quickly after hard times.
- 2. I have a hard time making it through stressful events.
- 3. It does not take me long to recover from a stressful event.
- 4. It is hard for me to snap back when something bad happens.
- 5. I usually come through difficult times with little trouble.
- 6. I tend to take a long time to get over setbacks in my life.

Appendix E

Instructions: Below are five statements that you may agree or disagree with. Indicate your agreement with each item by tapping the appropriate box, from strongly agree, to strongly disagree. Please be open and honest in your responding.

- In most ways my life is close to my ideal.
- The conditions of my life are excellent.
- I am satisfied with my life.
- So far I have gotten the important things I want in life.
- If I could live my life over, I would change almost nothing.